

Group Exercise Class Christmas Timetable

Aberavon Leisure & Fitness Centre

Monday 21st		Tuesday 22nd		Wednesday 23rd		Thursday 24th	
9.30-10.00	GRIT	6.15-7.00	Indoor Cycling	10.00-11.00	Body Pump	Gym & Virtual Classes Only	
10.15-11.00	Sculpt	10.00-11.00	Body Pump	11.15-11.45	GRIT		
11.30-12.10	Aqua	11.30-12.15	Fit For Life	11.30-12.10	Aqua		
17.20-18.05	Indoor Cycling	12.30-1.15	Pilates	17.20-18.05	Indoor Cycling		
17.30-18.00	Abs	17.30-18.15	Body Pump	17.30-18.00	Abs		
18.15-19.00	Circuits	18.30-19.30	Body Combat	18.15-19.00	Circuits		
18.30-19.30	Yoga	19.00-20.00	Body Balance	18.30-19.30	Yoga		
19.45-20.45	Yoga			19.45-20.45	Yoga		
20.15-21.15	Zumba						

Pontardawe Leisure Centre

Monday 21st		Tuesday 22nd		Wednesday 23rd		Thursday 24th	
9.00-9.45	Group Fight	8.30-9.15	Fit For Life	9.00-9.45	Fit for Life	Closed	
9.00-9.45	Group Fight	9.30-10.15	Fit For Life	10.15-11.15	Group Fight		
10.00-11.00	Body Pump	10.30-11.30	Tuesday Tone	12.00-13.00	Pilates		
12.00-13.00	Yoga	11.15-12.15	Pilates	17.45-18.45	Pilates		
17.45-18.45	Yoga	17.15-18.00	Indoor Cycling	18.00-19.00	Indoor Cycling		
18.00-19.00	Body Pump	18.15-19.15	Body Pump	19.15-20.15	Group Fight		
18.15-19.00	Indoor Cycling	19.00-20.00	Super Circuits				
18.15-19.00	Fun to Fitness						
19.00-20.00	Yoga						
19.15-20.00	Fun to Fitness						

Neath Sports Centre

Monday 21st		Tuesday 22nd		Wednesday 23rd		Thursday 24th	
9.15-10.15	Fit For Life	10.00-11.00	Kettle Bells	10.00-11.00	Body Combat	Gym Only	
10.30-11.30	Body Pump	18.15-19.15	Super Circuits	13.00-14.00	Zumba		
12.40-13.40	Pilates	19.30-20.30	Yoga	17.30-18.15	LBT		
17.30-18.15	Body Combat			18.30-19.30	Body Pump		
18.30-19.30	Body Pump						

08000 43 43 43
www.celticleisure.org



*These will be Virtual classes
Virtual classes and Myride classes will continue to run daily during opening times